

Want some extra money for those holiday bills?

Find out what your old gold & silver items are **REALLY** worth.

GOLD & SILVER JEWELLERY • WATCHES • FLATWARE • TEA SETS • COINS



A word from the Founder...



"Back in 2008, we started with a simple vision to provide a safe, convenient and intelligent alternative to pawn shops and cash-for-gold companies. The response has been overwhelming. We're proud to say that we've stayed true to our original goals and are now considered to be among the most trusted gold and silver buyers anywhere in Canada. So if you've ever thought about selling your gold and silver, please give us an opportunity to earn your business."

Matthew MacQuarrie

How Our Prices Compare...

Everyone says they 'pay more', but do they really? Many companies in our industry have misleading advertising that make exaggerated payout claims. But remember what your mother told you, "If something sounds too good to be true..." Recycle Frog customer payouts are always fair and consistently rank among the highest in the industry, often **25 to 100% higher than less ethical competitors**. Our significant growth and impressive list of corporate, charitable and non-profit partners is a testament to how we do business.

Upcoming Events in Halifax & Dartmouth

Monday & Tuesday, January 21st & 22nd from 11 to 7

DARTMOUTH
Cole Harbour Place
51 Forest Hills Parkway

HALIFAX
Future Inns Hotel
30 Fairfax Drive

BRING THIS AD IN FOR A **FREE GIFT!**

Here's an example of a recent customer payout:

This 10K
gold chain
was worth
\$102.21

These 14K
gold earrings
were worth
\$89.67

These two
18K gold
wedding
bands were
\$218.96

The **TOTAL** payout was... **\$1,276.83**

The BEST Service in the Industry...

Recycle Frog was recently nominated by its customers and recognized by Ottawa Tourism's "Stars of the City" program, for exceptional customer service. The award promotes, educates and encourages customer service excellence – and recognizes those individuals and organizations who deliver it.

Recycle Frog is a locally owned and operated business with deep roots in the community. We live, work and play here - and we CARE about each and every customer, regardless of how much or little they have - always ensuring they receive the best possible service AND a competitive offer. Don't get fooled. Get paid fairly. Meet Recycle Frog in person today and find out for yourself why we're considered to be the best in the business!

Dartmouth

Tires slashed on 21 vehicles

Tires were slashed on close to two dozen vehicles in an area of Dartmouth over the weekend.

The incidents happened on Lake Road, Slayter and Sheridan streets. In total, 21 vehicles had tires punctured, with police saying in most cases, it was one tire per vehicle.

Police say they have no witnesses but believe the damage was caused by the same person or group of people. **METRO**

Number of cars affected

21

In total, 21 vehicles had tires punctured and, in most cases, it was one tire per vehicle, police said.

Facing charges

Man found with loaded gun downtown

A man is facing charges after being found in possession of a loaded firearm in the downtown core on Sunday afternoon, Halifax police say.

Just after 3 p.m., police said they received information that a man with a gun was in the area of Spring Garden Road and South Park Street.

Police descended on the area and a man was taken into custody without incident after being found with the gun.

The man is due in court on Monday facing several weapons-related offences. **METRO**

FOR MORE LOCAL NEWS VISIT
METRONEWS.CA



Rachel Thibeau rappels down a tall makeshift structure on Sunday as part of the Easter Seals Drop Zone display at the 2013 OptiMYz Live Health Expo in Exhibition Park. Attendants at about 130 booths gave people tips on getting in shape and eating healthier. **JEFF HARPER/METRO**

It's fun getting fit

Setting goals. Hundreds attend two-day health expo



HALEY RYAN
haley.ryan@metronews.ca

A man and a young boy grab coloured markers to write their fitness goals among dozens of others decorating a white board at the OptiMYz Live Health Expo on Sunday.

Get ripped like Rambo, reads one of the goals. Others

include: Run the 5K at the Blue Nose marathon; keep fit well into my 80s; get out of my comfort zone; eat clean, train dirty; and everyone's favourite — eat more vegetables.

About 130 booths were set up in Exhibition Park over the weekend for the annual expo to give people tips on getting in shape and eating healthier.

"You get to do the fun things you want to do without being held back by your body," said expo-goer Ashley Grant about keeping healthy.

Great feeling

"You really feel like you've accomplished something."

Monica Mutale, about fitness goals.

After checking out only half of the booths, Debbie Hurley said she had discovered lots of businesses she hadn't known about in HRM.

"This health place gave me great tips for a foot issue I have, so I talked to them at length," she said. "I talked to

a couple of spas, some food places, learned some great tips about health and wellness in green tea that I didn't know."

OptiMYz volunteer Monica Mutale said she's been setting fitness and life goals for herself since junior high.

"Sometimes it can be hard just to get through the day without saying, 'OK, I've got to do this, this and this,'" Mutale said, focusing on fixing an ankle injury this year.

"It just feels really amazing to cross something off your list of things."

Police ID 9-year-old who died after being hit by van

Police have released the name of a nine-year-old Nova Scotia girl who died on Saturday after she was struck by a van in Pleasantville.

RCMP say Olive Moore

had been dropped off at a home on Corkum Road at about noon when she was hit while standing in the road as the van left the driveway.

Police say the Mount

Pleasant girl was taken to South Shore Regional Hospital, where she was pronounced dead.

Cpl. Dyson Smith said the driver, a 30-year-old woman from Mount Pleasant, was

arrested but released without charges.

Smith says the victim and driver knew each other, but would not elaborate.

The investigation is ongoing. **THE CANADIAN PRESS**



Wind4All

NOVA SCOTIA'S ENERGY EVOLUTION

INVEST - OFFERING CLOSES MARCH 1ST, 2013

| Investment Seminar Schedule | Date | Time | Location | Venue |
|-----------------------------|--------|-------------|-----------|----------------------------|
| | Jan 23 | 7pm - 9pm | Halifax | Art Gallery of Nova Scotia |
| | Jan 29 | 7am - 9pm | Dartmouth | NSCC Waterfront Campus |
| | Feb 9 | 10am - 12pm | Bedford | Platform Space Bedford |
| | Feb 19 | 7pm - 9pm | Halifax | Westin |

The CSOP offering is made through an offering document, which can be obtained from an authorized sales agent or from Assante Capital Management Ltd., (902) 422-1222. Investors should read the offering document before making an investment decision. More information about the Wind4All Communities CSOP offering can be found at www.wind4all.ca. For further information, please contact Assante Capital Management Ltd. at (902) 422-1222, ext. 210. This offering is only available to residents of Nova Scotia. The product website is www.wind4all.ca and may not be suitable for all investors. A return of your investment and/or a return on your invested capital are NOT guaranteed. The securities regulatory authorities have not evaluated or endorsed the merits of this security or the disclosure in the Offering Document. Investors are strongly urged to obtain the rules of investing in this offering as outlined on pages 11 through 23 of the Offering Document. Before making an investment, please contact Assante Capital Management Ltd. at (902) 422-1222, ext. 210. Assante Capital Management Ltd. is a member of the Canadian Investor Protection Fund and is regulated by the Investment Industry Regulatory Organization of Canada. Please visit www.assante.com for more information or contact a broker at 1-855-268-1222 for investment advice and regulatory information.

For more information about these events, contact:

Assante Capital Management Ltd.
1 888 407 7757 (Seminar RSVP hotline)
1 888 305 7526 (general enquiries)
www.assantehydrostone.com/wind4all
For more information on Wind4All, visit WIND4ALL.CA






Nicole Ryan attends a news conference at her lawyer's office in Halifax on Friday. ANDREW VAUGHAN/THE CANADIAN PRESS

Woman in hit-man case wants to contact daughter

Supreme Court. Nicole Ryan has not gotten any information about her child in five years

Fresh from a victory at the Supreme Court of Canada, Nicole Ryan choked back tears and uttered a single word when asked if she still feared for the life of her daughter.

"Yes."

The Supreme Court may have given a victory to the Nova Scotia woman who tried to hire a hit man to kill her husband, Michael Ryan. But the justices couldn't give

Quoted

"I'd like to thank the Elizabeth Fry Society. Hopefully, they will be able to help me now to re-establish contact with her."

Nicole Ryan, about her daughter

her what she says she fought so hard to protect five years go — her daughter.

Mother and daughter haven't had contact in almost five years, ever since Ryan took the child, now 12, in March 2008. To this day, Nicole Ryan said she has no information about the girl that her ex-husband allegedly threatened to kill along with her if

she ever tried to leave him.

"I will continue working, hopefully just to re-establish my life, put my life in order," she told a news conference at her lawyer's office in Halifax.

Ryan, who has resumed a teaching career, also said she has drawn support from her students.

She was acquitted by a trial judge in 2010 on a charge of counselling to

commit murder and while the Supreme Court justices overturned that decision on Friday, they also blocked any further action against her with an extraordinary stay of proceedings.

The court also raised serious questions about the conduct of the RCMP and Nova Scotia prosecutors in the case, saying it was "disquieting" that the Mounties chose to mount a sting operation to arrest her rather than respond to her allegation's of her husband's "reign of terror" over her.

"It's sad," the soft-spoken Ryan said, when asked about that part of the ruling.

THE CANADIAN PRESS

Dalhousie. Suspended female hockey players abandon plans to sue

Suspended members of Dalhousie University's women's hockey team say they won't pursue legal action against the Halifax school over an alleged hazing incident.

In a statement issued at 6 p.m. on Friday, a representative of the team said the players will not challenge the university's decision to suspend the senior players for the remainder of the season.

The one-page statement says the players still believe the process Dalhousie followed was unfair and heavy-handed, saying no players were harmed or forced to take part in any activities.

But they say the cost and "personal toll of litigation" made them abandon sugges-

Hazing allegations

All but the team's rookie players were suspended Jan. 3 after the university investigated allegations of hazing at a private house party last September.

tions they would take the school to court.

Tom Traves, president of Dalhousie, upheld the decision to suspend most of the team after meeting with senior members on Monday.

Dalhousie has said the party involved excessive drinking, intimidation and humiliation, but wouldn't elaborate. THE CANADIAN PRESS

Illegal gambling

Three arrested after cops raid alleged den

Police in Cape Breton say three men are facing charges after police searched a residence being operated as an illegal gaming and alcohol establishment.

Police say a 47-year-old man is facing several charges including keeping a gaming house and trafficking hydromorphone following a search of a New Waterford residence.

Officers say two other men, ages 47 and 66, are both facing a charge of being found in a gaming house. THE CANADIAN PRESS

Trenton

Suspicious fire investigated

Police say a fire that heavily damaged a house in Trenton on Sunday is suspicious.

Police say fire officials were called to 34 Main St. at about 4 a.m. They say no one was in the house at the time. THE CANADIAN PRESS

Clare riding

Gaudet steps down

Veteran Nova Scotia Liberal Wayne Gaudet says he won't run in the next provincial election after serving 20 years in the legislature as the member for the riding of Clare. THE CANADIAN PRESS

Need health information?

Call 811 to connect to a registered nurse 24 hours a day.
Free, caring and confidential health advice for you and your family.
811.novascotia.ca



NOVA SCOTIA

BetterCare
Sooner

New relationship

British PM to give long-awaited speech on U.K.'s ties with the European Union

British Prime Minister David Cameron will deliver a long-awaited speech about his country's future in the 27-nation European Union this week.

The speech, billed as one of Cameron's most important yet, was delayed last week because of the hostage crisis at a natural gas plant in Algeria.

Cameron first hinted he wanted to set out his stance on British membership of the EU last year. He has indicated that he will suggest negotiating a new relationship with the bloc, which would then be put to a referendum.

Britain has its own currency and does not use the euro, the common currency of 17 other EU nations, but it still has been struggling due to Europe's debt crisis.

Foreign Secretary William Hague said Sunday that Cameron's address is expected this week.

THE ASSOCIATED PRESS

Austrians vote to keep conscript army

Shot down. The proposed reform foresaw 8,500 career soldiers, 9,300 militia members and more focus on terrorism

Austrians voted overwhelmingly Sunday to retain their conscript army, with exit poll projections showing around 60 per cent rejecting the proposed change to a force of professional soldiers.

The wide margin of victory for those backing the status quo came as a surprise, for pre-election surveys had that side ahead by only a few percentage points.

Two polling organizations — ARGE Wahlen and SORA — showed only about 40 per cent of those who cast ballots looking to change the system. They also showed a relatively high turnout in rural areas — up to 60 per cent in many regions — compared to Vienna, with 40 per cent.

Overall turnout was projected at close to 50 per cent.



Austrian soldiers stand in front of the chancellery in Vienna as Austrians prepared to participate in an army referendum Sunday.

DAPD, HANS PUNZ/THE ASSOCIATED PRESS

With conscripts frequently recruited to help prevent natural catastrophes — or clean up afterward — rural voters in this Alpine nation were clearly receptive to arguments that a professional army would not be filling sandbags to prevent flooding or shovelling out basements after mudslides.

They also heeded warnings that changing the system would hit Austria's social sector, which depends on conscientious objectors who serve as ambulance drivers, attendants at senior citizens' homes

and in other community jobs that are hard to fill because of poor pay.

While formally non-political, the referendum reflected preferences between Austria's two uneasy coalition partners and looked ahead to the national election in September.

Austria's armed forces now consist of about 35,000 troops — 14,000 professionals and the rest conscripts who serve for six months — as well as a 30,000-strong part-time militia.

THE ASSOCIATED PRESS

Election test. Merkel's coalition in dead heat with opposition in German state

Chancellor Angela Merkel's conservative-led coalition was in a dead heat Sunday with Germany's centre-left opposition in a state election that was a major test ahead of a national vote later this year.

Lower Saxony, a region of eight million people in north-western Germany, has been run for the past decade by a coalition of Merkel's conservative Christian Democratic Union and the pro-market Free Democrats, the same parties that form the national government.

The 58-year-old Merkel will seek a third, four-year term in a parliamentary election expected in September. She and her party are riding high in the polls, but the opposition hopes the Lower Saxony vote will show that she is vulnerable.

Before the election, the question had been whether the Free Democrats, whose support has eroded badly since they joined Merkel's national government in 2009, would win the five per cent needed to gain seats in the state legislature. But tactical voting by supporters of



German Chancellor Angela Merkel and David McAllister, governor of Lower Saxony, wave during a campaign rally in Stadthagen.

NIGEL TREBLIN/THE ASSOCIATED PRESS

Merkel's conservatives, who polled more than 42 per cent in Lower Saxony's last election in 2008, appeared to have saved the Free Democrats.

Merkel and her party have been bolstered nationally by a relatively robust economy, low unemployment and the chancellor's hard-nosed handling of Europe's debt crisis.

Merkel has also profited from stumbles by the Social Democrats' candidate for chancellor, Peer Steinbrueck, a former finance minister who drew criticism for saying that the chancellor earns too little — adding to the controversy over his own high earnings from speeches.

THE ASSOCIATED PRESS

Berlusconi insists he won't be premier



Silvio Berlusconi at the Italian TV talk show Telecamere in Rome Friday. LAPRESSE/THE ASSOCIATED PRESS

Silvio Berlusconi insisted on Sunday he won't be premier again if his conservative party, now trailing in opinion polls, wins Italian elections next month.

The media mogul told an interviewer on Sky TG24 TV that his political heir and former justice minister, Angelino Alfano, is his choice

to head Italy's next government. For months, Berlusconi has been coy about whether he wants a fourth term as premier.

Front-runner in polls testing sentiment for the Feb. 24 to 25 elections is centre-left leader, Pier Luigi Bersani. But it appears unlikely he'll win enough votes to govern alone.

A potential coalition partner is caretaker Premier Mario Monti, who is heading a centrist ticket and trailing both Bersani and Berlusconi in polls.

Monti, an internationally respected economist, was appointed in late 2011 to replace Berlusconi.

THE ASSOCIATED PRESS

Greece. Bomb explodes at Athens shopping mall

A bomb exploded at a shopping mall in Athens on Sunday, slightly wounding two security guards and forcing the evacuation of about 200 people.

There was no immediate claim of responsibility for the bombing, the latest in a string of violent attacks.

Two warning calls were made to local media about 50 minutes before the blast, leading authorities to evacuate people from the four-storey mall in the Maroussi suburb.

Shops are closed at the mall on Sundays, but restaurants and movie theatres are open. THE ASSOCIATED PRESS

You'll Dig Our
WINTER SAVINGS

Thurs. Jan. 17 to Sat. Jan. 26

Enjoy tax-free shopping at participating Scotia Square retailers

*Restrictions apply; visit individual stores for details.

scotia square
scotiasquare.com

Culturally sacred. B.C. woman wants law changed over mask sales

The recent sale of two cedar masks considered culturally sacred to a Vancouver Island First Nations family has prompted a university instructor to ask the provincial government to change the law affecting cultural property.

Members of Port Alberni, B.C.'s Hamilton and Sayers families say they plan to strip the family member who sold the "hinkeets" of her royal title and cultural responsibilities at an upcoming ceremony, shedding light on the internal disciplinary proceedings practised by First Nations for generations.

The masks were more than 100 years old, depicted male and female serpents and had been passed down along the



A native dancer wears a cedar mask in a handout photo.

THE CANADIAN PRESS

maternal lines of the family for safekeeping. But they were auctioned off in November to an unknown buyer for \$4,000 and \$22,500.

THE CANADIAN PRESS

Pardons. Requests for rare Royal Prerogative of Mercy on the rise

New restrictions on the granting of criminal record suspensions, or pardons, are causing more former convicts to seek clemency under the rarely used Royal Prerogative of Mercy, according to the Parole Board of Canada.

In fact, the federal agency has posted an "Important Notice" on its website to discourage clemency applications, which it notes are "only granted in exceptional circumstances."

"If you are ineligible for a record suspension, or the board has refused to order a record suspension in your case, it is highly unlikely that you will qualify under RPM," cautions the board.

There are currently 79 active clemency applications in the pipeline, according to Parole Board spokeswoman Caroline Douglas.

That's up from 58 in the

Quote

"The benefit of the program addresses instances of substantial injustice and instances of undue hardship."

According to the Parole Board's annual report

system last March, when the board's 2011-12 annual report noted it more typically handles about 20 applications a year.

Changes to federal pardon rules enacted by the Conservative government have had a ripple effect through the system.

The reforms were prompted in 2010 when The Canadian Press reported that Graham James, a former junior hockey coach and repeat child sex offender, had been quietly granted a routine pardon in 2007.

THE CANADIAN PRESS



Federal candidates, from left, Justin Trudeau, Martin Cauchon, Karen McCrimmon, Joyce Murray, Martha Hall Findlay, George Takach, Deborah Coyne, David Bertschi and Marc Garneau. PHYLCIA TORREVILLAS/METRO

Liberal candidates keep debate civil

Federal race. Need to rebuild the party tempers infighting

Total warfare

"Canada is too important to let Stephen Harper win."

Vancouver MP Joyce Murray, remarking that co-operation with the NDP may be necessary to stop a 2015 Tory victory.



EMILY JACKSON
Metro in Vancouver

The gloves remained on at the Liberal leadership debate Sunday as the nine candidates took jabs at Prime Minister Stephen Harper — and occasionally the NDP — instead of each other.

With so many vying for the top spot, no candidate stood out as the favourite as they politely debated electoral reform, aboriginal issues, housing and the environment in front of more than 900 sup-

porters at a Vancouver hotel.

Perceived frontrunner MP Justin Trudeau even escaped direct attack, save for Vancouver MP Joyce Murray questioning how he planned to beat Harper without one-time co-operation with the NDP.

Murray, the only West Coast candidate, was the sole contender to support running either a Liberal or a NDP candidate in ridings where they could split the vote such as Calgary Centre.

"Canada is too important to let Stephen Harper win the

election in 2015," she said.

Yet Karen McCrimmon, a retired Canadian Forces lieutenant colonel, said co-operation would be a "Band-Aid" solution when the Liberals need to earn back trust.

Idle No More questions prompted former MP Martha Hall Findlay and lawyer Deborah Coyne to say they would repeal the Indian Act, with former Quebecois MP Martin Cauchon and Canada's first astronaut Marc Garneau promising engagement and dialogue with First Nations.

Ontario lawyer David Bertschi jokingly took Garneau to task for touting his time in space, noting he had his "feet firmly planted on the ground" regarding the environment. Technology lawyer George Takach promoted innovative technology to help the environment.

Both Garneau and Hall Findlay defined themselves as frontrunners. A recent poll suggested Liberal support in B.C. would skyrocket to 32 per cent from 11 per cent should Trudeau take the helm.

Trudeau spoke of the challenges the Liberal party faces and his plan to engage a "new generation" in politics.

Four more debates will be held before the party chooses a leader on April 14.

Canada's largest veterans centre under review



In this file photo Dorothy Burnell, 86, talks to her husband George Burnell, 92, at Sunnybrook's Veterans Centre in Toronto. COLIN PERKEL/THE CANADIAN PRESS

In an effort to come to grips with a series of complaints about its quality of care and how those complaints are dealt with, the country's largest veterans facility has called in an outside expert to look at the situation.

The review of the Sunnybrook Veteran's Centre this week comes in addition to an official audit by the federal government that is currently underway.

The new audit will focus on those beds funded by Ontario's Ministry of Health — a cost of about \$29.2 million a year — but has disavowed

any responsibility for oversight of the centre.

The review, which begins this week, is being carried out by Karima Velji. The senior executive at Baycrest, a prominent research hospital focused on the elderly, is also an assistant nursing professor at the University of Toronto.

"We would like you to focus on quality of care in the provincially funded chronic-care beds, with an in-depth focus on the processes used to resolve complaints," Sunnybrook's executive vice-president Malcolm Moffat said in a letter to Velji.

In a series of articles in recent months, The Canadian Press highlighted concerns raised by relatives and attendants about what they see as serious deficiencies in the basic care of the most frail of the 500 veterans at the centre.

Complaints include delayed feedings, rough handling, residents left languishing in hallways or bed, unsanitary conditions and unexplained injuries. Relatives said Sunnybrook was dismissive of, or hostile to, their efforts to raise concerns.

THE CANADIAN PRESS

Are you a **Temporary Foreign Worker**
in Nova Scotia?

We are here to help you!

- Information on Canadian immigration
- Information on labour standards, employment rights and community services
- Translation services
- Employment Counselling
- Other assistance

For info or an appointment call **902-423-3607** in Halifax or toll free 1-866-431-6472 in Nova Scotia

NEW! Drop-in Clinic: Tuesdays 6-8pm, January 29 - March 26

isis

Immigrant Settlement
& Integration Services

'Numerous' bodies found during search of gas plant

Algeria kidnapping. Recording of head kidnapper shows militants wanted to organize a prisoner swap with authorities

Algerian bomb squads scouring a gas plant where Islamist militants took dozens of foreign workers hostage found "numerous" new bodies on Sunday as they searched for explosive traps left behind by the attackers, a security official said, a day after a bloody raid ended the four-day siege of the remote desert refinery.

The official, who spoke on condition of anonymity because of the situation's sensitivity, said the bodies were badly disfigured and difficult to identify.

"The bodies could be either Algerian or foreign hostages," he said.

Algerian special forces

stormed the natural gas complex in the Sahara desert on Saturday to end the standoff, and the government said all 32 militants were killed. Earlier Sunday, Algeria's chief government spokesman said he feared the death toll of hostages — which stood at 23 on Saturday — would rise as the special forces teams finished their search.

American Frederick Buttaccio, a Texan, was among the dead. U.S. officials told The Associated Press Buttaccio's remains were recovered Friday.

They said the militants came from six countries and were armed to cause maximum destruction. Sonatrach, the Algerian state oil company running the Ain Amenas site along with BP and Norway's Statoil, said the entire refinery had been mined.

"They had decided to succeed in the operation as planned, to blow up the gas complex and kill all the hostages," said Communications Minister Mohamed Said,



In this undated photo, men look at the wreckage of a vehicle near Ain Amenas, Algeria. British Prime Minister David Cameron said Sunday that three Britons were killed and another three are believed dead, along with a foreigner who was living in Britain, after Islamist militants seized a gas plant in the remote region. ECHOROUK ELYAOUMI/THE ASSOCIATED PRESS

speaking in a state radio interview.

The American government has warned that there are credible threats of more kidnapping attempts on Western-

ers in Algeria.

With few details emerging from the remote site of the gas plant in eastern Algeria, it was unclear whether anyone was rescued in the final oper-

ation, but the number of hostages reported killed Saturday — seven — was how many the militants had said that morning they still had.

THE ASSOCIATED PRESS

Blowback

Arab spring a catalyst for conflict?

The terrorist attack on an Algerian natural gas plant that left dozens of hostages and militants dead has demonstrated how a failing Algerian insurgency transformed itself into a regional threat, partly by exploiting the turmoil unleashed by the Arab Spring revolts.

Al-Qaida's branch in Algeria retreated into a Sahara no-man's land between Mali, Algeria and Mauritania after it was largely defeated by the Algerian army in a 10-year war in the 1990s that claimed 200,000 lives. There it grew rich on smuggling and hostage-taking, gained new recruits and re-emerged stronger than ever, armed with looted high-tech weapons from Libya's 2011 civil war.

The assault last Wednesday by a multinational band of Islamists shows how long-simmering ethnic tensions in Mali, a civil war in Algeria and a revolution in Libya have combined to create a conflict spanning both North and West Africa.

THE ASSOCIATED PRESS

Obama sworn in to 2nd term

A still-popular Barack Obama took the presidential oath of office for a second term on Sunday, facing a troubled future, but hoping to leave behind a battering four years at the helm of a government mired in ugly political division.

When Obama first took office as the 44th U.S. president, many Americans hoped the symbolism of the first black man in the White House was a turning point in the country's deeply troubled racial history. Obama vowed to moderate the partisan anger engulfing the country, but the nation is only more divided four years later.

Obama was sworn in during a brief ceremony with his family in the White House Blue Room, meeting the legal



U.S. President Barack Obama is officially sworn in by Chief Justice John Roberts in the Blue Room of the White House during the 57th presidential inauguration in Washington, Sunday. LARRY DOWNING/THE ASSOCIATED PRESS

requirement that presidents officially take office on Jan. 20. Because that date fell on a Sunday this year, the traditional ceremonies surrounding the start of a president's

term were put off to Monday, which coincides this year with the celebration of civil-rights leader Martin Luther King Jr.'s birthday.

THE ASSOCIATED PRESS

New Mexico shooting

Teen boy charged with murder of five people

A 15-year-old boy remained in custody Sunday night as detectives tried to piece together what led to the shooting of five people, including three young children, who were found dead in a New Mexico home.

The teenager was arrested on murder and other charges in connection with the

shootings, which happened Saturday night at the home in a rural area southwest of downtown Albuquerque, said Lt. Sid Covington, a sheriff's spokesman.

Detectives did not immediately release the victims' names, but word of the shootings travelled quickly through the law enforcement community and officials began offering their condolences for Greg Griego, a spiritual leader known for his work with firefighters and the 13 years he spent as a volunteer chaplain at the

county jail.

"Chaplin Griego was a dedicated professional that passionately served his fellow man and the firefighters of this community," Fire Chief James Breen said in a statement. "His calming spirit and gentle nature will be greatly missed."

Jail Chief Ramon Rustin said Griego was instrumental in the creation of the Metropolitan Detention Center's chaplain program, and worked to get inmates integrated back into the community. THE ASSOCIATED PRESS



RBC Direct Investing



You booked your last 5 vacations online.

Online investing could be your next destination.



RBC Direct Investing™
It's like online shopping for investments.

rbc.com/investor

#1 in client service five years in a row.¹



RBC Direct Investing Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. RBC Direct Investing Inc. does not provide investment advice or recommendations regarding the purchase or sale of any securities. Investors are responsible for their own investment decisions. RBC Direct Investing is a business name used by RBC Direct Investing Inc. * Member - Canadian Investor Protection Fund. ® /™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Used under licence. © Royal Bank of Canada 2013. All rights reserved. ¹ RBC Direct Investing was ranked number one by Dalbar Inc. in 2007, 2008, 2009, 2010 and 2011. The annual Dalbar Direct Brokerage Service Award rankings are based on evaluations made over the calendar year, measuring a company's quality of performance in product knowledge, professionalism and their ability to provide value-added service.

Celebs flash some cheek for views on Keek

Social media. Canadian video microblogging service attracts bevy of Kardashians — not to mention JWoww's butt

By the numbers

15M

Keek says it has grown to have 15 million monthly unique users, totalling 75 million monthly visits. Four million user-generated videos are posted every month.

A Canadian social media start-up company is hoping to become the Twitter of video.

With Toronto-based Keek, users can watch and send short video clips of up to 36 seconds and label them with descriptions of up to 111 characters.

"The original idea was to use video ... as a form of communications with your social network, kind of like a social microblogging video platform," says CEO Isaac Raichyk. "It's just long enough for somebody to tell a story but short enough for people who watch and digest a lot of videos."

The service has caught the attention of some high-profile celebrities including Kim Kardashian, her sisters Khloe and Kourtney, and her half-sisters Kendall and Kylie Jenner.

They all are among the most viewed and followed users on Keek, which means "a peek or glance", according to Oxford.

Other active users include rappers 2 Chainz and Soulja Boy, Jersey Shore star Jenni "JWoww" Farley and Pretty Little Liars stars Ashley Benson and Canadian Shay Mitchell.

JWoww racked up nearly 400,000 views each for two different videos responding to a recent bit of bad publicity. While co-hosting MTV's New Year's Show, photographers snapped a few unflattering shots of her short dress riding up, which were quickly posted to gossip sites online.

She posted her response to Keek, in which she appears in her underwear and high heels.

THE CANADIAN PRESS



Quick! To the \$4.2-million Batmobile!

Just how valuable is the Caped Crusader's ride? The original Batmobile from the 1960s television series Batman, shown in Los Angeles in this October 2012 photo, sold at auction Saturday for \$4.2 million US to an undisclosed bidder. The car's owner, famed auto customizer George Barris, transformed a one-of-a-kind 1955 Lincoln Futura concept car into the sleek crime-fighting machine that was used in the series that starred Adam West. On the show, the 19-foot-long, bubble-topped car boasted lasers and a Batphone and could lay down smoke screens and oil slicks.

COURTESY BARRETT-JACKSON/GEORGE BARRIS/THE ASSOCIATED PRESS FILE

Senior Property Manager

A self starter with several years' experience in property management.

You will oversee approximately 1,300 units located in Nova Scotia

Please apply stating the position of interest in the subject line to: jobs@metcap.com

We thank all applicants; however, only qualified candidates will be contacted.



Canada's not ready to handle used CFLs, report finds

Canada's mercury-waste facilities are either patchwork or non-existent as millions of light bulbs containing the highly toxic chemical are set to flood the marketplace.

That's a key finding of a report commissioned by Environment Canada in the run-up to a major change in the way Canadians light their homes.

Beginning next January, a new regulation will effectively ban the sale of standard incandescent bulbs in favour of energy-efficient versions, most of which contain mercury.

So-called compact fluorescent lamps, or CFLs, will also

Bulb ban

- As of Jan. 1 next year, 75- and 100-watt incandescent bulbs will be effectively eliminated from store shelves, with 40- and 60-watt versions to follow Dec. 31.

enter the waste stream as they break or burn out, many destined for landfills where their harmful mercury can get into the water.

Environment Canada says the mercury contained in a typ-

ical thermometer can contaminate five Olympic-size swimming pools to toxic levels.

Ironically, the ban on incandescents is partly designed to reduce mercury in the environment because old-style light bulbs are inefficient, and require more electricity from the burning of coal and other fossil fuels that can emit mercury into the air.

"Currently municipalities do not store mercury — most of it ends up in landfill," says a report commissioned from Summerhill Impact, an environmental firm in Toronto.

The Aug. 31 study also found no national or industry-

wide standards for the handling of mercury waste.

There was "significant variability between regulations across the provinces, and ... nearly all (mercury-handling) facilities ... rely on these regulations as their main environmental management guidelines, rather than industry standards."

The study, which surveyed some 28 of the 123 places that store or manage mercury waste, also found Canada lacks any facility to extract pure mercury from waste, relying instead on mercury distillers in the United States.

THE CANADIAN PRESS



Use of CFLs will skyrocket as a ban on incandescent bulbs takes effect next January. But CFLs contain mercury, and a new report says there aren't enough facilities in place to keep them out of landfills. ADRIAN WYLD/THE CANADIAN PRESS

It's food and wine month in Nova Scotia!

All February, you can sample three-course, specially priced menus at dozens of our best restaurants across the province.

For participating restaurants visit eDining.ca or 902-429-5343

DINE AROUND

THE FLAVOURS of NOVA SCOTIA

Starting At
\$25 +HST



NOVASCOTIA.COM



Good things
come from
Sysco

HARD TO COMPREHEND MICHAEL RYAN VERDICT



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

In the third last paragraph of his 2010 decision finding Nicole Ryan not guilty of hiring a hit man to kill her abusive husband, Justice David Farrar notes he was "struck" by the fact the

husband "did not take the stand to give evidence with respect to any of the assertions ... against him."

During the trial, Michael Ryan had been accused of putting a gun to his wife's head, threatening to torch their home with his wife and daughter inside and keeping his wife isolated from family and friends.

Why didn't he testify?

Why didn't he testify?

There are plenty of reasons why the Crown might not have called him — including the possibility they didn't believe him — but the reality is the court based its conclusions about him largely on Nicole Ryan's testimony and that of her supporters.

Michael Ryan insists he was willing. He received a subpoena 10 months before the trial, contacted the Crown weeks before and even showed up for the first day of Nicole's trial.

"I left my cellphone number with the Crown and waited out in the parking lot in my car for the remainder of the trial," he emailed me in 2010. He was never called, never allowed to challenge his wife's claims of horrific abuse.

There are plenty of reasons why the Crown might not have called him — including the possibility they didn't

believe him — but the reality is the court based its conclusions about him largely on Nicole Ryan's testimony and that of her supporters.

Their evidence has now solidified into fact.

On Friday, the Supreme Court of Canada — without hearing Ryan — declared him "violent, abusive and controlling." Though the judges dismissed Nicole Ryan's defence of duress, they ruled she had suffered enough and ordered charges against her stayed.

After the trial judge's original damning decision back in 2010, I wrote a column for Metro, questioning what I then saw as the RCMP's failure to help an abused woman escape while mounting a sting operation to entrap her.

In it, I described Michael Ryan as "a nasty piece of business."

Ryan responded and we began an online correspondence, which you can read on my website, stephenkimber.com.

I don't know whether to believe Michael Ryan's counter-claims — could they simply be evidence of his "manipulative behaviour"? — but I am troubled by the fact the Crown never called him to testify. And the reality so many judges reached conclusions about him without ever hearing from the man who was, after all, the intended victim.

Alzheimer's disease

Brain pacemakers being tested

It has the makings of a science fiction movie: Zap someone's brain with mild jolts of electricity to try to stave off the creeping memory loss of Alzheimer's disease.

And it's not easy. Holes are drilled into the patient's skull so tiny wires can be implanted into just the right spot.

A dramatic shift is beginning in the disappointing

struggle to find something to slow the damage of this epidemic: The first U.S. experiments with 'brain pacemakers' for Alzheimer's are getting under way. Scientists are looking beyond drugs to implants in the hunt for much-needed new treatments.

The research is in its infancy. Only a few dozen people with early-stage Alzheimer's will be implanted in a handful of hospitals. No one knows if it might work or how long the effects might last. **THE ASSOCIATED PRESS**

Ice jump gets frosty reception



EFREM LUKATSKY/THE ASSOCIATED PRESS

Epiphany celebration

Baby, it's cold in the ice hole

A man jumps into an ice hole in the Dnipro River, as others wait for their turn, as part of the celebration of the Epiphany in the town of Vyshgorod outside the capital Kyiv, Ukraine, on Saturday.

Orthodox believers celebrate the holiday of the Epiphany on Jan. 19, and traditionally bathe in holes cut through thick ice on rivers and ponds to cleanse themselves with water deemed holy for the day.

THE ASSOCIATED PRESS

Orthodox Christians

There's method behind madness

The traditions also continued at Moscow's Red Square, at Tyarlevo village just outside St. Petersburg and in Minsk, Belarus.

The religious holiday Epiphany is celebrated by Orthodox Christians according to the Julian calendar on Jan. 19.

Epiphany Day celebrates the baptism of Jesus, which took place in the River Jordan, and is held in Russia, which uses the Julian calendar. Orthodox Christians in Lebanon, Egypt and Syria follow the same tradition based on the Julian calendar. Churches that follow the Gregorian calendar celebrate the feast on Jan. 6. **METRO**

Online

Watch the video at metronews.ca.



Twitter

@CassNaas:

Do I garbage or recycle my spark-shooting hairdryer? Tisn't listed on the #Halifax #garbage or #recyclable list. Wanna be #green!

@Justinee_Marie:

; To the beggars of #Halifax: Beg for a job, not money.

@wheresgibby:

If Halifax would stay at its current temp of 5 degrees I wouldn't be mad. Cus one does not simply have time for minus weather this winter.

@NickPiovesan:

Dude on the bus talking about how he would sell crack if he wouldn't be so tempted to smoke it all himself... good ol' 80 Halifax

@thetruecrys:

I love this whole using my transfer to get home evolution. #Halifax #metrotransit

@DrewMooreNS:

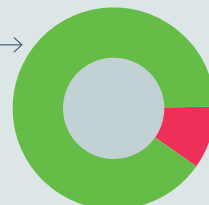
Halifax.ca has crazy Google Analytics, peaks during @hfxtransit strike & election #PodcampHFX



Register at metropolitanpanel.ca and take the quick poll

Will you be trying out the gluten-free weight loss diet trend?

90%
NO, I DON'T
BUY THE
HYPE



10%
YES, BRING
ON THE RICE
PASTA



President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Halifax** Philip Croucher • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Regional Sales Director, Metro Eastern Canada** Dianne Curran • **Distribution Manager** April Doucette • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO HALIFAX** • 3260 Barrington St., Unit 102, Halifax NS B3K 0B5 • **Telephone:** 902-444-4444 • **Fax:** 902-422-5610 • **Advertising:** 902-421-5824 • adinfohalifax@metronews.ca • **Distribution:** halifax_distribution@metronews.ca • **News tips:** halifax@metronews.ca • **Letters to the Editor:** halifaxletters@metronews.ca

SCENE 2

Girl talk

Interview. Girls stars Allison Williams and Jemima Kirke dish on their characters' sartorial choices, their dorky style moments and finally dressing like adults

TINA CHADHA
Metro World News in New York

Allison Williams

On Marnie's style:

"She leans toward conservative stuff and she makes me look adventurous — although I'm really not. I wish clothes would just fit her better. Any mistakes in fitting are 100 per cent on purpose, though. It's supposed to look like you bought a thing off the rack and it fits the way it fits."

Her personal style: "I like colour a lot. I'm interested in different cuts. I love the way (peplum) looks, but I've also worn more princessy things. Day-to-day, I'm a jeans, boots and oversized sweater girl."

Dorkiest fashion moment:

"I went up to Jason Wu at the restaurant Perilla and I just introduced myself to him cold. I was like, 'I understand that it's probably intrusive and you're with your family, but I wanted to say that I think you're a genius.' He was so gracious."

Getting red carpet-ready: "It's

really fun. It makes me feel like a princess. I have to rein it in. I recently went into a fitting and there was a rack of clothes of my stuff and there was another rack of fluffy, big gowns and my stylist was like, 'No, Allison. No. You're not a debutante.'"

A whole new kind of access:

"I've had the pleasure of cultivating relationships with some designers so I can say, 'Listen, do you have something that I can wear to this thing tonight?' Acting is my first love, but the fact that I get to wear cool clothes and get to know myself better through what I wear in real life, that's such a pleasure."

Her dad, Brian Williams, is her unofficial stylist: "He has a really good eye. He's an esthete and he sees people in the things that he sees in stores. He looks at them and thinks, 'That looks like Allison.'"



Jemima Kirke

Jessa's look is based on her own: "I think it's like a caricature of how I dress in real life or maybe even a way that I used to dress for a minute in my life. Or it might be the



Lena Dunham, Jemima Kirke and Allison Williams enjoy a Girls night. GETTY IMAGES

way Lena used to look at the way I dressed and how she pictured styling my outfit in her head the next day."

Her personal style: "Well, that's gone out the window since I've had children. I just put on clothes so that I'm not naked during the day. I used to change my outfit maybe once in the day. Now sometimes I have on the same outfit for two days."

Dressing like an adult: "As I start to feel more like an adult, I start to shop at more

brand names, which I never did. It was vintage or stuff I had forever or my mother's stuff. But now that I'm getting older, I can't get away with the T-shirt with the hole in it."

Where she shops: "Bird and Smith and Butler, in Brooklyn."

Jessa's bohemian wedding dress: "You know who made that dress? My mom. Don't get me wrong, she didn't sit there and sew it. She has a shop called

Geminola in the West Village. Half of it, she designs, and half of it is antique and vintage clothing."

What she's loving: "Chanel made these creeper shoes. They are like a spin on the punk creeper shoe. They're beautiful and awesome but I can't wear them. I'm just not style-conscious like that anymore. I just don't wear statementy things. I don't wear loud things. I just wear what looks nice. I'm not wearing mom jeans, though."

Let it all hang out.



THE EVERYTHING TO DO WITH SEX SHOW

January 25 to 27, Cunard Centre

Featuring: Stage Shows, Seminars, Exhibitors & The Dungeon!
New for 2013: Sexy Fitness Zone, Celebrity Star Area, Social Media Lounge, A Fifty Shades of Play Bedroom, Erotic Art Area, and more!

Friday 5pm to midnight, Saturday noon to midnight, Sunday noon to 6pm
For tickets and more information visit everythingtodowithsex.com
Follow us on Twitter @The_Sex_Show hashtag #HFXSEX

WE VIBE COQUETTE Polydope 103.5

His lips say yes but his body says no

Lance Armstrong interview. Body language expert concludes disgraced cyclist not telling all the facts on doping

On Thursday night, body language expert Sara Canuso helped us decipher Lance Armstrong's mannerisms as we watched Oprah Winfrey press him on questions about the use of performance enhancing drugs during his career.

A twist of the mouth, a bite of the lip — indicators we learned could be signs of arrogance and guilt. Armstrong admitted he doped his way to all seven of his Tour de France titles, but showed very little emotion.

Here is Canuso's real-time observations on Armstrong's body language during the second part of the interview.

9 p.m.

Lance Armstrong takes his place once more in the hot seat. The world watched as the once-beloved icon fielded a barrage of tough ques-



Lance Armstrong confessed to using performance-enhancing drugs. HANDOUT/THE ASSOCIATED PRESS

tions from Oprah. According to our body language expert, Armstrong speaks volumes without ever having to open his mouth.

"Again, we see Armstrong continually looking down, trying to be careful of what he says," shares Canuso. An underlying anger also peaks through Armstrong's pursed lips.

9:15 p.m.

Canuso immediately picks up on Armstrong's crossed legs. The fact that he's holding onto his leg also suggests that he may be feeling par-

tially closed off to Oprah's questions.

"He answers each question absolutely while shaking his head no," she says.

According to Canuso, Armstrong's body language lends itself to the idea that he isn't being fully upfront.

"There are signs of holding back on the truth," she says. "In this case, it could be that he isn't telling all of the facts."

9:25 p.m.

The conversation turns to Armstrong's public persona. Oprah leads in with ques-

tions about the authenticity of his intentions. In other words, why is he doing this interview?

"Oprah is asking questions he does not want to answer, so you will see him take deeper breaths," says Canuso.

9:30 p.m.

As the focus shifts to Armstrong's ex-wife, children and therapy, he continues to rub his neck, a sign of feeling pressure.

9:40 p.m.

With Armstrong receiv-

Ratings

Interview ratings fall short for OWN

The program was seen by a total of 4.3 million U.S. viewers in Thursday's back-to-back airings, OWN said Friday. But it drew only 3.2 million viewers in its first airing, an audience that fell short of OWN's most-viewed telecast: an inter-

view Winfrey conducted with the Whitney Houston family last March following the singer's death the previous month. In Canada, the broadcast drew an average audience of 715,000 and was the highest-rated telecast in OWN Canada's history for all key demographics, according to a release from Corus Entertainment based on overnight data from BBM Canada TV Meter. **METRO**

ing criticism last night for not showing enough emotion, talking about his children tonight could be the opportunity to humanize him for viewers. Oprah asks about how his son has fared through all this, which elicits long pauses of introspection from Armstrong. "His damp eyes indicate anxiety, fear or sadness," says Canuso. "Then he closes his eyes as if he wants to shut out the world."

9:55 p.m.

Armstrong recognizes the "ultimate betrayal" that was his deception of the people who cared about him the most. His words are heavy

with remorse, possibly striking a chord with viewers. Even still, when Canuso looks at Armstrong she sees nothing but nerves. "He is continuously licking his lips and drinking water, both signs of anxiety."

10:00 p.m.

"The truth shall set you free." Oprah concludes the interview by quoting Armstrong's ex-wife. Canuso concludes it by labelling the interview as extremely guarded on Armstrong's side.

"He was constantly covering his mouth and shaking his head, big indicators of not telling all of the facts," she says. **METRO**

Weather your cold.



We'll all feel better.

For the temporary relief of cough. Always read and follow the label.



15 minutes of fame!

Call 420-1013 weeknights to co-host the interactive NINE@9 with Ruby!

Discovered this week:

- ★ Eligh from Sackville
- ★ Matt from Cole Harbour
- ★ Jessica from E. Passage
- ★ Patrick from Dartmouth

Interactive NINE@9

1013THEBOUNCE.com
info@1013thebounce.com

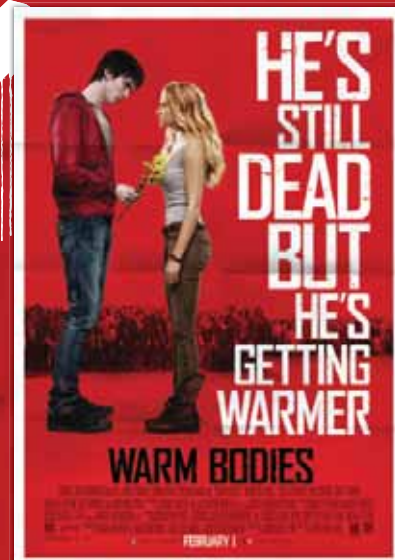
Get the BOUNCE Mobile app here



YOU COULD WIN

A PASS FOR TWO TO SEE

WARM BODIES



IN THEATRES FEBRUARY 1ST

YOU COULD ALSO WIN

A TRIP FOR TWO TO A SUNNY DESTINATION FOR YOU AND YOUR WARM BODY OR A PRIVATE SCREENING FOR TWO AND COMPLETE HIS AND HERS OUTFITS COURTESY OF ROOTS!

CONTEST PARTNERS:



To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! [facebook.com/clubmetrohalifax](https://www.facebook.com/clubmetrohalifax)



Michael J. Fox. ALL PHOTOS GETTY IMAGES

Michael J. Fox patches things up with Swift

Michael J. Fox doesn't want Taylor Swift anywhere near his 23-year-old son, Sam, he told *Vulture*, responding to a joke by Tina Fey about the serial-dating Swift going after Sam during the Golden Globes last week. "I don't keep up with it all," Fox said. "But Taylor Swift writes songs about everybody she goes out with, right? What a way to build a career."

He admits he wouldn't be able to identify Swift if

she did end up at a family dinner on his son's arm, but that the inevitable break up song would tip him off.

"Sam, You Piece of Sh—." "Oh, that was the girl you brought home," he jokes.

But Swift has apparently been able to patch things up with the Fox clan rather quickly. "Hey everybody, Michael J. Fox got in touch with me today and we are good. Thank you for having my back," she tweeted.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

J.J. Abrams and Armstrong make the perfect pair?



THE WORD
Dorothy Robinson
scene@metronews.ca

Lance Armstrong and Hollywood have always been pretty tight.

He and the puppy-eyed Jake Gyllenhaal would go bike riding together; he's been buds (and Austin neighbours) with Matthew McConaughey for years, and the guy was even engaged to Sheryl Crow.

But now it looks like Hollywood — where liars and cheats usually thrive — is turning its tanned back on the disgraced cyclist.

After his bombshell interview with Oprah, stars took to Twitter to express their disdain.

Carson Daly tweeted, "He is a cheater and liar. I'm embarrassed that I was such a fan for so long."

Meanwhile, Seth Meyers joked, "Say what you will, he's still the Lance Armstrong of d-ckheads."

Perhaps Piers Morgan was just bitter that Oprah got the interview over him when he wrote, "The fact @lancearmstrong admits



he had to look up what the word 'cheat' means, says all you need to know about the man. #LiveWrong."

But there's one person in L.A. that is hot to trot for Armstrong's story — J.J. Abrams.

The *Star Trek* director and *Lost* co-creator is reportedly set to produce a film about Armstrong's life, according to the *Hollywood Reporter*.

Abrams and Paramount Pictures recently acquired the rights to New York Times sportswriter Juliet Macur's book *Cycle of Lies: The Fall of Lance Armstrong*, which is set to be released in June.

Sony Pictures has been working on a much more complimentary Armstrong movie for years, with Jake Gyllenhaal reportedly attached to star at one point.

Those plans were scrapped after Armstrong was stripped of his Tour de France titles in August of 2012.

This is a perfect pairing. After all, Abrams and Armstrong are two figures famous for spinning wheels and disappointing endings.



Daniel Radcliffe

Radcliffe has relationship outed

Daniel Radcliffe is reportedly dating his *Kill Your Darlings* co-star Erin Darke, something the British actor was hoping to keep under wraps. But he wasn't doing that great a job of that this weekend at the Sundance Film Festival, where Radcliffe was spotted getting

cosy and even sharing a kiss with Darke, according to *People* magazine.

One source close to the film identified Darke as Radcliffe's girlfriend, while another told the magazine, "They've been dating for a while but have been debating going public."

Twitter



@MalinAkerman

At a restaurant. Witnessed a crazy car chase. Parked cars got hit and nearly hit people on the sidewalk!! Thank god no one was hurt!



@KChenoweth

When does the gurgling, nasuea end.



@EmWatson

Rooney Mara seems so cool. #vogue



@SethMacFarlane

If mom & dad paid to put you through journalism school and you're typing the phrase "new couple alert," you should just walk into the ocean.

Enter to be Metro's
tour photographer for
The Tragically Hip in Halifax
February 2nd!

Shoot like a pro with a Canon T4i!

Canon
Because It Counts

VISIT
club
metro
com
TO ENTER

GLADSTONE NORTH
APARTMENTS

2761 GLADSTONE ST.
Call Doreen Mallon:
830 4300
GladstoneNorth.ca

1 BR, 2 BR, 3 BR & PENTHOUSE SUITES

- One, one + den, two, two + den three bedroom suites available
- Six Premium Appliances including Washer/Dryer
- In-suite Air Conditioning
- Large Corner Windows for Maximum Natural Sunlight in most suites
- High-Quality Laminate Floors
- Private Large Balconies
- Fully Secure Building with keyless entry
- Executive Penthouses Available
- Rooftop Garden
- Environmentally Friendly Features
- Bright In-door Parking
- Walking Distances to all Amenities, on Bus Route

The best things in life are right outside the door!

Located at Almon & Gladstone

realstar management
it's your home

Ask about our rental incentives

Halifax Apartments
1881 Brunswick St, Halifax
1 & 2 BR
(902) 422 5747

Harbour Ridge
1663 Brunswick St, Halifax
1 BR
(902) 422 4545

MacDonald Apartments
5885 Cunard St, Halifax
1 & 2 BR
(902) 422 5033

Bedford Heights
22 Bedros Lane, Bedford
1 & 2 BR
(902) 431 8028

Stonecrest Village
80 Chipstone Close, Clayton Park
1 & 2 BR
(902) 457 3600

SPECIAL!
No Security Deposit!

realstar.ca

Winter fun

Make the most of snow days this year

Snow days and longer evenings don't have to mean hibernating in front of the television all winter. The colder months are a perfect time to spend quality time together as a family.

Try some of these activities to keep your kids active and entertained:

Get your game on

Encourage kids to burn off energy by playing video games that promote exercise. Choose games that engage your whole body like Just Dance or Sports Champions for PlayStation. Or, if you have enough room, set up an indoor hopscotch court or play a traditional game of hide and seek.

Fun with forts

Going to the playground isn't

an option during the winter, but building a fort is definitely the next best thing. Help kids use blankets and couch cushions to build a castle, a cave or whatever they can imagine. As a bonus activity, have them draw pictures of how they imagine the fort, complete with creatures who would live there.

Blast boredom with books

Cuddling up with your kids to read books is a great

way to spend quality time together. Don't limit it to story books. Consider searching for words together in a word search book, or search for Waldo in a picture book. Or for something completely different, check out Wonderbook: Book of Spells for PlayStation. This book uses augmented reality to transport your family to a virtual classroom to learn spells from the world of Harry Potter. **NEWS CANADA**

Exclusively online

- Mommy finds it a little unsettling that you're already more tech savvy than her, although she does appreciate that you've helped her discover 90 per cent of her iPhone's functionality. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Parenting resolutions for 2013

Family. A few tips to keep in mind this year from the author of The Mom Book

DOROTHY ROBINSON

Metro World News in New York City

Motherhood is one of the hardest jobs around, and you can't even list it on your resumé.

Here are some tips from Stacy DeBroff, author of The Mom Book and founder and CEO of Mom Central, Inc., a company devoted to providing pragmatic advice to strengthen and simplify the lives of busy families.

Make time to replenish your energy

Between post-holiday exhaustion, the winter blues and the normal frenetic pace of parenting, moms often find their energy depleted at the start of a new year.

Make 2013 the year you carve out time to take care of yourself, whether you kickstart your long-dormant book club, sign up for an exercise class or explore your inner creativity with a new artistic endeavor like photography or

ceramics.

Most importantly, resolve to keep these efforts up as the year progresses.

Help kids understand that electronics aren't a constitutional right

With kids spending hours each day online and texting at every opportunity, they live much of their lives in digital rec rooms.

This year, remember that even digital natives need limits, so set sound guidelines with them. Establish timing parameters on when they can and can't go online, keep computers only in public spaces like the kitchen or family room and make sure kids share social media passwords with mom and dad.

Stay true to yourself

While moms typically develop their own parenting beliefs and style over the years, it remains a challenge to stay true to these principles when you discover that other parents have a very different approach.

Even if you learn — or your kids tell you — that other moms buy laptops for kids once they start fifth grade or let them stay home alone, stand firm and parent according to what you believe.



Stay true to your parenting principles, even if you discover other parents have a different approach, says Stacy DeBroff, author of The Mom Book.

ISTOCK IMAGES

For the dads

The Honourable Gregory W. Slayton, parent expert, former U.S. ambassador and author of Be A Better Dad Today: Ten Tools Every Father Needs, shares some tips about parenting:

Commit to dinner at least twice a week: It's not difficult and statistically it's proven to be very important. Even if you're a divorced or single dad, you need to make sure you sit down and really have dinner with your children. Don't look at your phone, don't read the paper. Talk. And do it twice a week.

Do something fun with your family at least once a week: In addition to dinner, be sure to do something else. Go to a park, go fishing, go to a museum or go on a bike ride. Doing fun things with your kids is important and contributes to their well-being and sense of self-esteem. It's vital to you and your children and has the bonus of being enjoyable.

Learn more about fatherhood: Fatherhood is one of the least understood roles that we have as men today. There are thousands of books out there about being a better businessman and self-help books by the gazillion. But when it comes to fatherhood, there are very few books out there. That's why I wrote mine, I didn't have a father when I was growing up and didn't have any guidance. Commit to learning more about fatherhood and improving your growth as a parent.



Research shows that a diet high in fast food might affect immunity. ISTOCK IMAGES

Fast food linked to more health problems in kids

Consuming three or more servings of fast food per week is linked to allergic asthma, eczema and rhinitis in children, respiratory journal Thorax says.

The findings are supported worldwide — the researchers studied data from more than 319,000 13- and 14-year-olds in 51 countries, and more than 181,000 six-

and seven-year-olds in 31 countries.

The young people and their parents were asked about their diets and if they had symptoms of asthma, runny noses, itchy eyes and eczema.

The researchers found that the only food type that showed the same symptoms across both age groups —

notwithstanding gender or wealth — was fast food.

The study's authors say that a diet high in fast food contains high levels of saturated and trans fatty acids, which affect immunity.

They note that the results do not indicate cause and effect, but that they do warrant more investigation.

MEREDITH ENGEL/MW

3 TIPS

Cut the fat with garlicky, spicy Potato Wedge Fries



This recipe serves 6. MARK SHAPIRO/ROSE REISMAN'S COMPLETE LIGHT KITCHEN



ROSE REISMAN
for more, visit
rosereisman.com

These are the best and healthiest french fries you'll ever eat — forget deep-fried fast-food fries that can contain more than 20 grams of fat for a small serving.

Experiment and use any seasonings you like. You can cut the potatoes early in the day, as long as you keep them in cold water so they won't brown.

One serving of these fries (four wedges) is only 156 calories with 5.3 grams of fat.

1. Preheat the oven to 375 F. Spray rimmed baking sheet with cooking oil.
2. Cut each potato lengthwise into 8 wedges. Place on the prepared baking sheet.
3. Combine the oil and garlic in a small bowl. Combine the cheese and chili powder

Ingredients

- 3 large baking potatoes, scrubbed
- 2 tbsp olive oil
- 1 tsp minced fresh garlic
- 2 tbsp grated Parmesan cheese
- 1/4 tsp chili powder
- 3 tbsp chopped fresh parsley

der in another small bowl. Brush the potato wedges with half the oil mixture, then sprinkle with half the cheese mixture.

4. Bake for 20 minutes. Turn the wedges; brush with the remaining oil mixture and sprinkle with the remaining cheese mixture.

5. Bake for another 20 minutes, or just until potatoes are tender and crisp. Sprinkle parsley on top.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Starbucks doesn't just have a wide range of delicious drinks. It also offers sweet treats, but some are better than others.

Starbucks Banana Loaf

430 calories, 17 g fat

Banana loaf sounds nutritious, but this is similar to a high-calorie and high-fat muffin. The oil, sugar and eggs are the guilty ingredients.



Equivalent

A slice of Starbucks banana loaf is equivalent to 19 Hershey kisses in calories.



Starbucks Marshmallow Dream Bar

210 calories, 4 g fat

This may not be nutritious, but in terms of calories and fat it's a much better choice.



Raclette is the new fondue — perfect for parties

Raclette is the perfect party food. Like fondue, it's all about melting cheese. The biggest difference is that raclette (the name of both the cheese used and the overall dish) is grilled or broiled, rather than cooked in a pot.

1. Heat the oven to 200 F.

2. Fill a large pot with potatoes and enough salted water to cover them by 1 inch. Bring to a boil over medium-high heat and cook for 15 minutes or until tender. Drain, then return to the pot, cover and place in the oven to keep warm.

3. While the potatoes are cooking, start the vegetables. In a medium saucepan over medium-high heat, bring vinegar, sugar, salt, paprika and black pepper to a boil, stirring to dissolve sugar and salt. In a large bowl, combine thyme, onions, red peppers, green beans and mushrooms. Pour the hot vinegar mixture over the vegetables, then set aside, stirring occasionally, for 20 minutes.

4. To serve, follow the product directions for heating and using your raclette grill. Arrange potatoes and

Ingredients

- 2 lbs new or fingerling potatoes
- Kosher salt
- 1/2 cup rice or sherry vinegar
- 2 tbsp sugar
- 1 tsp kosher salt
- 1/2 tsp smoked paprika
- 1/2 tsp ground black pepper
- 2 tbsp chopped fresh thyme
- 1 cup frozen peeled pearl onions, thawed
- 3 red bell peppers, sliced
- 1 lb green beans, trimmed
- 12 oz button mushrooms
- 4 oz prosciutto
- 4 oz dry salami, sliced
- 1 lb cooked, peeled shrimp
- 1/2 cup marinated artichokes
- 1/2 cup gherkins or cornichons
- 2 lbs raclette cheese, sliced

accompaniments in bowls. Guests can heat their vegetables on the top of the grill and melt their cheese using

the grill's broiler. Top potatoes with the vegetables and melted cheese.

THE ASSOCIATED PRESS



This recipe serves 8. MATTHEW MEAD/THE ASSOCIATED PRESS

MAKE YOUR RESOLUTIONS A REALITY AT DALPLEX!

JOIN NOW AND LET US HELP YOU COMMIT TO FITNESS THIS YEAR!
Our memberships* now include access to the Cardio Plus Centre and the Rock Court climbing gym! Convenient monthly payment plans available!

*Some conditions apply, contact Dalplex for details.



Facebook.com/Dalplex



@Dalplex

WWW.DALPLEX.CA • 494-3372

DALPLEX



The In-Credibility Factor

Name: Graham Hawryluk
City: Headingley, Man.
Age: 25
Occupation: President and founder of Meticulous Wood Flooring Inc.



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

For Graham Hawryluk, a summer job with a flooring company at age 15 grew from a challenge into a passion.

Not even a 50-pound steel bar and bleeding, blistered hands would stop him. Starting his own company right out of high school, he thought he could keep it running while he was going to university, but when his business began to take off, he decided to postpone his degree and concentrate on his company.

Five years later, Graham has eight employees and has carved out a niche market, catering to customers who want high-end flooring.

His company is also eco-friendly — running energy

efficient trucks and using water based low VOC coatings for their floors.

I knew I was on my way when ...

I knew I was on my way when a Winnipeg newspaper did a huge section that was dedicated to entrepreneurs and their businesses weathering the storm during an economic recession. Receiving recognition was a big deal for me because sometimes you feel like you're spinning your wheels where you're just getting by and making ends meet.

The article made me realize that I wasn't just surviving, I was thriving. I have eight employees and business is great.

Don't rush the reward

"My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with."

Graham Hawryluk

My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with.

Action Plan:

Have an accountant and a lawyer on speed dial

There are a lot of questions when running a business and when you have professionals at your disposal it makes life a lot easier. It's also important to surround yourself with good, honest, like-minded people and forge as many genuine relationships as possible

Grow your business slowly

As a young entrepreneur, I had stars in my eyes about fame and fortune. Grow slowly and never bite off more than you can chew.

Be real, be realistic

Be prepared that your business will be your life. Someone who has a nine-to-five job can turn it off and go home, but as a business owner there is no off-switch so you should genuinely enjoy what you do.



Graham Hawryluk's company operates the only Green Guard certified dustless refinishing system in Manitoba.
PROVIDED

Advertising Feature

New Years Resolutions not out of reach – Get fit and quit with your Lung Association

By: Paige Hoveling, Lung Association of Nova Scotia

The most common New Years Resolutions are to get active and quit smoking. Have you made one of these a priority in 2013? If you have, the Lung Association of Nova Scotia can help you reach your goals!

Since 2009 this made-in-Nova-Scotia program has been offered to residents of Nova Scotia and Alberta who smoke and want to get fit. Hundreds of participants have been able to participate in this eight-week program, developed with experts in the sport of running and behavior management. This program, Learn to Run for Smokers, introduces smokers to the love of running, with activity levels customized to each participant.

Positive results have clearly indicated that as participants embrace a healthy activity, such as running, they'll be more likely to let go of unhealthy ones, such as smoking. "Running can be a life-changing activity," says Robert MacDonald, health initiative manager at the Lung Association. "This experience offers support to those who are looking to make life-changing resolutions a reality."

Smokers, or former smokers, who are trying to get fit are encouraged to join. Learn to Run for Smokers is designed to help everyone, of any level of fitness from walking to running, to reach their goals. This team-based program includes a combination of walking, running and stretching regimes that ensure safe and effective techniques for a lifetime of running. Experts will educate participants on diet, tobacco cessation, and equipment selection such as properly fitting sneakers.

"The goal is to provide a supportive environment for smokers, and former smokers, looking for a healthier way of life," explains MacDonald. "And if we can help them accomplish their new years resolution, that's great too!"

"I don't know where else an overweight smoker could feel comfortable starting an exercise program," says past participant, Elaine Smedley. "I'm taking away some fantastic knowledge, with a new attitude on staying active." Another participant, Cindy Misener, adds, "I was finally motivated to get fit and it reinforced what I already knew - that I absolutely needed to quit smoking once and for all."

Participants won't hear old school anti-smoking messages from this program. "Our goal is to create a program that is positive and promotes self confidence," says Louis Brill, President and CEO of the Lung Association of Nova Scotia. "We replace smoking with a healthy alternative - running- which, over the course of eight weeks, helps our participants build confidence and achieve success. Once participants have the confidence to tackle a tough challenge like getting fit, it translates well to other aspects of their lives - like quitting smoking."

If you, or someone you know, is interested in joining Learn to Run for Smokers courses are starting in Dartmouth, Yarmouth and Bridgewater in February and in Halifax and Brooks, Alberta in March. For more information visit the Lung Association of Nova Scotia's website at www.ns.lung.ca or call (888) 566-5864

The first program of its kind in Canada!




You want me to do what?

Learn to Run for Smokers

When: Wednesday, February 20 • 6:30pm at the Dartmouth Sportsplex

Qualifications: You smoke. You want to make a healthy change. You find this concept a bit wacky.

Incentives: Get active. Get healthy. It works.

THE  LUNG ASSOCIATION™
Nova Scotia

REGISTRATION NOW OPEN!
www.ns.lung.ca/learntorunforsmokers



Halifax Rainmen's Dedric Moodie tries to power past Kamar Burke of the Moncton Miracles during first-half action on Sunday. JEFF HARPER/METRO

Rainmen suffer 2nd-half collapse

Falling flat. Halifax gives up 21-point advantage against sharp shooting, hungry Miracles squad



ANDREW RANKIN
andrew.rankin@metronews.ca

The Moncton Miracles' star guard cut to the chase right after his squad overcame a 21-point deficit to beat the Halifax Rainmen 107-98 in front of 3,213 fans at the Metro Centre on Sunday afternoon.

"They thought we were going to fold, we didn't," said Darrell Wonge, who ended up with a game-high

Quoted

"It's just a disappointing loss. They came in here and played like they wanted to win more than us."

Halifax Rainmen guard Joey Haywood

23 points.

The Rainmen went into the second half with a commanding 61-44 lead only to completely fall apart in the third quarter where they shot a miserable 24 per cent from the field and failed to contain a relentless opponent.

Moncton started and finished the quarter on fire, shooting 60 per cent from the field and 50 per cent from downtown.

Halifax coach Rob Spon tried everything to spark his club. After calling a timeout

minutes into the third quarter, a furious Spon lashed out at his players, yelling "Wake Up!"

"They came out more aggressive than us in the second half; they were hungrier. What else can I say?" said Halifax guard Joey Haywood, who finished with seven points.

The Rainmen were able to keep it close down the stretch but Oliver McNally made good on a three-point play to put the game out reach in the dying minutes of

the contest.

Cedric Moodie led the Rainmen with 17 points. Four Halifax players finished with double digits in scoring.

With the loss the Rainmen drop to 12-14.

Halifax forward Quinzel Brown couldn't hide his frustration over his team's performance.

"At the end of the day we have to play better and make shots," said Brown. "It's that simple. Our rotation is too late. Guys are indecisive in rotation on defence and passing the ball on offence. We have to go back to the lab and get better."

The Rainmen are back in action Thursday when they host the Windsor Express at 7 p.m.

QMJHL

Mooseheads cap off perfect road trip

The Halifax Mooseheads made it a perfect Quebec road trip on Sunday.

The Mooseheads earned a gutsy 4-3 come-from-behind victory over the Blainville-Boisbriand Armada in front of 3,250 fans at the Centre d'excellence Sports Rousseau.

"We really pushed," said Mooseheads coach Dominique Ducharme. "We got a really important two points on the road."

After the Armada scored three unanswered goals to take a 3-2 lead in the third period, Jonathan Drouin scored his 22nd goal of the season to tie the contest. Twenty nine seconds later MacKenzie Weegar scored the game-winner at the 17:48 mark of the third.

Ducharme said he's happy about going 3-0 in Quebec — blasting the Quebec Remparts 11-2 on Friday and a 5-0 victory over Sherbrooke Phoenix on Saturday — but added there's room to improve.

"We have to be working harder, be more physical, win more battles, that's the process," he said. "We have 23 games to get ready for the playoffs."

The Armada's Xavier Ouellet broke a 2-2 tie with a power-play marker at 7:27 in the third period.

The Mooseheads carried a 2-0 lead into the third.

But Marc-Olivier Roy and Samuel Carrier scored 45 seconds apart to draw Armada even before the four-minute mark.

Mooseheads forward Nathan MacKinnon collected his 26th goal of the season to break a scoreless contest at 10:35 in the second period. Just over five minutes later Brent Andrews tallied his ninth of the year.

With the victory, Halifax extends its winning streak to six.

Zach Fucale made 20 saves to earn his Canadian Hockey League-leading 30th win of the season.

The Mooseheads return to action Friday when they host the Phoenix at 7 p.m.

ANDREW RANKIN/METRO

AUS women's basketball

Colley and Huskies rout the X-Women

Justine Colley poured in 31 points on nine of 14 shooting as the Saint Mary's Huskies routed the visiting St. Francis Xavier X-Women 94-57 in Atlantic University Sport women's basketball

action on Sunday afternoon. Saint Mary's is now 11-0 on the season.

The Dalhousie Tigers were also in action Sunday. Keisha Brown netted 33 points as the Tigers beat the host Memorial Sea-Hawks 83-68.

In men's action Sunday, the Huskies beat the X-Men 96-94 in overtime and the Tigers beat Memorial 84-67.

METRO

AUS men's hockey

Huskies split a pair of shootouts

The Saint Mary's Huskies men's hockey team went 1-1 in shootouts over the weekend.

Saint Mary's beat the visiting Acadia Axemen 3-2 in a shootout on Friday in Atlantic University Sport men's hockey

action.

The next night against the host St. Francis Xavier X-Men, the Huskies fell 5-4 in a shootout.

League scoring leader Lucas Bloodoff scored twice against St. F.X.

As for the Dalhousie Tigers, they lost twice, including 3-1 to the Axemen on Saturday and 5-2 to St. FX on Friday.

METRO



MacKenzie Weegar/METRO

MoneyProvider.com
\$500 Loan
and more
No credit refused
Fast, easy and secure
1-877-776-1660
www.moneyprovider.com



Ray Lewis of the Baltimore Ravens, right, celebrates with teammate Chris Johnson after defeating the New England Patriots on Sunday in Foxborough, Mass. Lewis, who has said he will retire at the end of the season, is going to the Super Bowl again. AL BELLO/GETTY IMAGES

Harbaughs to clash for Super Bowl title

Conference championships.

Brothers John and Jim — coaches of Ravens and 49ers — meeting in New Orleans

Oh, brother!

John Harbaugh and his Baltimore Ravens set up a family reunion at the Super Bowl, shutting down the New England Patriots 28-13 Sunday in the AFC championship game.

The Ravens reached their first Super Bowl in 12 years, thanks to three touchdown passes from Joe Flacco and a defence led by Ray Lewis that made Tom Brady look down-

right ordinary.

Next up for Harbaugh and the Ravens is younger brother Jim and the San Francisco 49ers, who beat Atlanta 28-24 earlier in the day for the NFC title.

"I don't know if we had a dream this big," John Harbaugh said. "We had a few dreams, we had a few fights, we had a few arguments — just like all brothers."

They'll meet in two weeks in New Orleans — what a place for a party to celebrate the first brother-vs.-brother coaching matchup in Super Bowl history.

It also will be quite a last game for Lewis, the emotional linebacker who will retire after the matchup with the 49ers, who opened as a five-

NFC championship

Colin Kaepernick and Frank Gore led the San Francisco 49ers to a record comeback in the NFC championship game Sunday, overcoming an early 17-0 deficit to beat the Atlanta Falcons 28-24 and send the 49ers to their first Super Bowl since 1995.

point favourite.

"This is our time. This is our time," said Lewis, who made 14 tackles Sunday and has 44 in three post-season games after missing 10 weeks with a torn right triceps.

Driven by Lewis' pending departure from the NFL, Baltimore's defence stepped up

in the playoffs. Brady was 67-0 at home when leading at half-time, but this was no contest in the second half.

"We've lost before. It takes a while to get over," Brady said.

It also was a first for the Patriots, who hadn't lost an AFC championship at home.

After they had avenged last year's AFC title-game loss at Gillette Stadium, many of the Ravens gathered on the field jumping, chest-bumping and whooping before several thousand fans wearing Ravens jerseys — mostly Lewis' No. 52 — who remained in the stands.

The AFC North champion Ravens are heading to the Big Easy, seeking their second NFL championship. San Francisco has won five. **THE ASSOCIATED PRESS**

NHL. Vanek's five-point outburst vaults Sabres past sagging Flyers

A nine-month layoff, courtesy of the NHL lockout, wasn't enough to disrupt the chemistry of the Buffalo Sabres' top two linemates, Thomas Vanek and Jason Pominville.

Vanek scored twice and added three assists, and Pominville had three assists in leading the Sabres to a 5-2 season-opening win over the Philadelphia Flyers on Sunday afternoon.

"Ah, they spent a lot of years playing together. You go all the way back to their days in Rochester," coach Lindy Ruff said, referring to the two playing together in the AHL in 2004-05. "Those two guys are a little bit like glue."

They sure stuck it to the Flyers as the Sabres scored the game's final four goals — the last three coming in the final five minutes.

"Good linemates," Vanek said of his career-best outing. "And a little bit lucky at the same time."

He became the first Sabre with five points in a game since Drew Stafford had three goals and two assists in January 2008.

Vanek tied it 2-2 by scoring on a breakaway with 4:06 left in the second period. He then had a hand in setting up defence-man Tyler Myers' go-ahead goal with 5:03 remaining.

THE ASSOCIATED PRESS



Sabres forward Thomas Vanek moves in to score on Philadelphia's Ilya Bryzgalov on Sunday in Buffalo. RICK STEWART/GETTY IMAGES

NHL

Marleau propels Sharks to victory at Flames' home opener

Patrick Marleau scored a pair of goals Sunday to lead the San Jose Sharks to a 4-1 win over the Calgary Flames in the season-opener for both clubs.

Martin Havlat and

defenceman Dan Boyle also scored for the Sharks during a three-goal burst in the second period at Scotiabank Saddledome. Joe Thornton and Joe Pavelski each had a pair of assists.

Lee Stempniak replied for Calgary, which led 1-0 after the opening period.

With the victory, the Sharks spoiled the debut of new Flames head coach Bob Hartley.

THE CANADIAN PRESS

Penguins' barrage chases Lundqvist at MSG



Penguins captain Sidney Crosby tangles with Rangers centre Derek Stepan on Sunday night at Madison Square Garden. BRUCE BENNETT/GETTY IMAGES

The Pittsburgh Penguins have four points atop the Atlantic Division. The New York Rangers and Philadelphia Flyers have none at the bottom.

No, it isn't too early to keep an eye on the standings in this lockout-induced, 48-game sprint to the playoffs.

James Neal scored twice, linemate Evgeni Malkin had three assists, and the Penguins chased reigning Vezina Trophy winner Henrik Lundqvist from the net in the second period of a 6-3 victory over the Rangers in New York's home opener on Sunday night.

The Penguins went into Philadelphia and New York on

Sunday's game

6

Penguins

3

Rangers

back-to-back days to open the short season and came out with two wins.

"You don't want to get behind the eight-ball and all of a sudden be chasing teams," Penguins goalie Tomas Vokoun said. "In this season, somebody who you are chasing is always

going to be playing somebody you might be chasing, too. You might not be able to gain any ground, so you don't want to be in that position."

Neal, Tyler Kennedy and Matt Niskanen scored in the first period, and Malkin set up Pascal Dupuis in the second to push Pittsburgh's lead to 4-1 and drive Lundqvist to the bench.

The Penguins, building off a 3-1 win at Philadelphia on Saturday, are 2-0.

And they did it without goals from captain Sidney Crosby or Malkin.

"That's great, but hopefully we don't have to make too

much of a habit of that," said Crosby, who had an assist for his first point of the season. "It shows the depth we have and the way we play."

Neal added his second of the game and third of the season off an assist by Malkin to make it 5-1 at 5:06 of the third. Kris Letang added an empty-netter to close the scoring.

"It's always a good game against the Rangers," Neal said. "We have the same mindset going into every game: we want to wear teams down, we want to shoot the puck, go to the net, wear down their D. We did that all night."

THE ASSOCIATED PRESS



Lakers point guard Steve Nash looks to pass inbounds against the Raptors on Sunday at Air Canada Centre. Nash's first season in Los Angeles has fallen way short of expectations, with the Lakers sitting outside the playoffs at 17-23 after Sunday's 108-103 loss. RENE JOHNSTON/TORSTAR NEWS SERVICE

Nash sees big picture amidst L.A. struggles

NBA. Canadian star finding his game after disappointing start to season with Lakers

Steve Nash took a pass at the high post, streaked past a couple Toronto defenders and opened the scoring for the Los Angeles Lakers on Sunday with an easy layup.

It was the kind of play Toronto fans hoped Nash would one day make in a Raptors uniform. Instead, his lone appearance at Air Canada Centre this season came in Lakers purple and gold.

Nash considered a move north last summer, but eventually agreed to a sign-and-trade deal with the Lakers, deciding to play for a team that appeared primed for a run at a title. Los Angeles is also a short flight from Phoenix — where his three children live — and that helped seal the deal. Hollywood's gain was Toronto's loss.

"It was definitely a huge option for me, especially if the Lakers situation didn't hap-

| Sunday's game | |
|---------------|--------|
| 108 | 103 |
| Raptors | Lakers |

Quoted

"I think that's one of the things that I maybe didn't expect — that this would be the most challenging year of my career in many ways."

Lakers guard Steve Nash

pen," Nash said Sunday. "But the Lakers situation, basketball-wise, I think it was a good option ... to be close to my kids and to be able to see them as much as I have this year has been priceless."

Canada's best-known basketball export returning to his home country would have been a huge catch for Toronto.

"It was difficult for me to say no to the Raptors, not just for the fans but all those people upstairs that I've known for many years," he said.

At 38, Nash is getting on in years, but he's in tremendous shape and is showing no signs of slowing down. He missed 24 games this season due to a fracture in his left leg, but has been effective since his return. Nash scored 16 points and

added nine assists Sunday, but the Lakers' recent struggles continued with a 108-103 loss to Toronto.

Los Angeles fell to 17-23 on the season. They've had three different head coaches this season. The roster is loaded with superstars like Nash, Kobe Bryant, Pau Gasol and Dwight Howard, but that hasn't led to victories.

"I'm always up for a challenge. I think it keeps you engaged and it keeps you extremely motivated," Nash said. "Just fighting every day to try to turn this thing around."

THE CANADIAN PRESS

Dino delivers

Calderon steals show from Lakers in Toronto

After letting two games slip away in overtime, Jose Calderon and the Toronto Raptors closed one out Sunday.

Calderon had 22 points and nine assists to lead Toronto to a 108-103 win over the Los Angeles Lakers. The victory snapped a four-game losing streak for the Raptors.

"It was good," Calderon said. "We led a couple of games with big leads and it was just us."

"It's just some mental mistakes and things we do, but we have to keep competing. We can compete against everybody in this league, but we have to do it for 48 (minutes)."

Calderon was 9-for-15 from the field and 1-for-4 from three-point range, often with Lakers star Kobe Bryant in his face.

"He (Bryant) is a great all-around player, he can play really good defence," Calderon said.

THE CANADIAN PRESS

Ottawa camp last look ahead of women's worlds

The national women's hockey team camp starting Monday in Ottawa is head coach Dan Church's last look at players before he names his world championship team.

Ottawa is the host city of the 2013 women's world championship from April 2-9 at SBP Arena and the Nepean Sportsplex. The Canadian women will attempt to defend the gold medal they won in 2012 in Burlington, Vt.

Church says he will name the players he wants to try out for the 2014 Olympic team shortly after the world championship.

Three goaltenders, seven defenders and 13 forwards will hit the ice Monday at Carleton University for a five-day camp.

Captain Hayley Wickenheiser will not be among them because of school commitments at the University of Calgary.

"For Wick, it was school," Church said. "She's closing in on the end of her academic undergrad degree. We talked about it. She wanted to come. I said, 'If it's too much stress and pressure, why don't you stay?' She's in a good club environment there in Calgary."

Wickenheiser plays for the University of Calgary Dinosaurs and gets regular practices and games, the coach pointed out.



Canadian star Hayley Wickenheiser will not be in Ottawa this week, electing instead to continue her studies at the University of Calgary.

PHILLIP MACCALLUM/GETTY IMAGES FILE

Quoted

"It's definitely an opportunity to polish up some of our tactical play five-on-five and specialty teams."

Canadian women's coach Dan Church, on his goals going into this week's camp in Ottawa.

All but one of the players invited to the Ottawa camp play in the Canadian Women's Hockey League.

The practice and game schedules of the CWHL players are more erratic than those of the players in school, which is why so many CWHL

players have been summoned to Ottawa, says Church. He also didn't want to pull his college and university players out of school and interrupt their studies at this time.

"We want to continue with our skill development, work on the fine skills and the technical aspects of the game," he said. "That's definitely a goal for this camp."

"Whenever they come together in a camp, we're always looking at evaluation and this will be our last opportunity to see people together before we name the worlds team in March."

THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

| | W | L | Pct | GB |
|--------------|----|----|------|-----|
| Miami | 26 | 12 | .684 | — |
| New York | 25 | 13 | .658 | 1 |
| Indiana | 25 | 16 | .610 | 2½ |
| Brooklyn | 24 | 16 | .600 | 3 |
| Chicago | 23 | 16 | .590 | 3½ |
| Atlanta | 22 | 18 | .550 | 5 |
| Milwaukee | 21 | 18 | .538 | 5½ |
| Boston | 20 | 20 | .500 | 7 |
| Philadelphia | 17 | 23 | .425 | 10 |
| Detroit | 15 | 25 | .375 | 12 |
| Toronto | 15 | 26 | .366 | 12½ |
| Orlando | 14 | 26 | .350 | 13 |
| Charlotte | 10 | 30 | .250 | 17 |
| Cleveland | 10 | 32 | .238 | 18 |
| Washington | 8 | 30 | .211 | 18 |

WESTERN CONFERENCE

| | W | L | Pct | GB |
|---------------|----|----|------|-----|
| Oklahoma City | 32 | 9 | .780 | — |
| L.A. Clippers | 32 | 9 | .780 | — |
| San Antonio | 32 | 11 | .744 | 1 |
| Memphis | 26 | 13 | .667 | 5 |
| Golden State | 24 | 15 | .615 | 7 |
| Denver | 25 | 18 | .581 | 8 |
| Utah | 22 | 19 | .537 | 10 |
| Portland | 20 | 20 | .500 | 11½ |
| Houston | 21 | 21 | .500 | 11½ |
| Minnesota | 17 | 20 | .459 | 13 |
| Dallas | 18 | 24 | .429 | 14½ |
| L.A. Lakers | 17 | 23 | .425 | 14½ |
| Sacramento | 16 | 25 | .390 | 16 |
| New Orleans | 13 | 27 | .325 | 18½ |
| Phoenix | 13 | 28 | .317 | 19 |

Sunday's results

Toronto 108 L.A. Lakers 103
Dallas 111 Orlando 105
Detroit 103 Boston 88
Denver 121 Oklahoma City 118 OT

Saturday's results

Sacramento 97 Charlotte 93
San Antonio 98 Atlanta 93
Memphis 85 Chicago 82 OT
Minnesota 92 Houston 79
Golden State 116 New Orleans 112
Utah 109 Cleveland 98
Milwaukee 110 Portland 104
L.A. Clippers 94 Washington 87
Monday's games — All Times Eastern
Indiana at Memphis, 1 p.m.
Sacramento at New Orleans, 1 p.m.
Houston at Charlotte, 2 p.m.
Minnesota at Atlanta, 2 p.m.
Brooklyn at New York, 3:30 p.m.
L.A. Clippers at Golden State, 4 p.m.
San Antonio at Philadelphia, 7 p.m.
L.A. Lakers at Chicago, 9:30 p.m.
Washington at Portland, 10 p.m.

RAPTORS 108, LAKERS 103

L.A. LAKERS (103)
Bryant 10-32 3-3 26, Gasol 10-15 5-6 25, Nash 5-11 4-4 16, Clark 6-10 1-2 14, World Peace 3-9 1-1 9, Jamison 2-6 0-0 5, Howard 1-3 4-5, Morris 1-1 0-0 2, Duhot 0-1 1-1 1. Totals 38-88 18-21 103.

TORONTO (108)

Calderon 9-15 3-3 22, Fields 8-11 2-4 18, Davis 9-13 0-2 18, Anderson 5-13 1-2 14, Johnson 4-6 1-2 9, DeRozan 4-9 0-0 8, Lowry 2-3 2-3 8, Gray 2-5 1-1 5, Ross 2-7 0-0 4, Acy 1-2 0-0 2. Totals 46-84 10-17 108.

L.A. Lakers 20 29 21 33 —103
Toronto 29 24 30 25 —108

3-Point Goals—L.A. Lakers 9-27 (Bryant 3-12, World Peace 2-6, Jamison 1-4, Nash 2-3, Clark 1-1, Duhot 0-1). Toronto 6-20 (Anderson 3-7, Calderon 1-4, Ross 0-4, Lowry 2-3, Fields 0-1, DeRozan 0-1).

Rebounds—L.A. Lakers 37 (Clark 14, Jamison 5, Gasol 5, Bryant 4, World Peace 3, Duhot 2, Howard 2, Nash 1, Sacre 1).

Assists—L.A. Lakers 20 (Fields 10, Johnson 8, Davis 8, Lowry 4, DeRozan 3, Calderon 2, Gray 2, Anderson 2, Ross 1).

Total Fouls—L.A. Lakers 15, Toronto 22. **Attendance**—19,800 at Toronto. T—2:15

GOLF

PGA — HUMANA CHALLENGE

At La Quinta, Calif.

Par 72

Final round
Brian Gay, \$1,008,000 67-66-67-63—263
Charles Howell III, \$492,800 67-65-67-64—263
David Lingmerth, \$492,800 68-64-69-62—263
James Hahn, \$246,400 63-67-72-62—264
Scott Stallings, \$246,400 66-65-63-70—264

Also:
Stephen Ames, \$22,400 67-68-68-68—271
Brad Fritsch, \$11,424 69-65-71-70—275
Graham DeLaet, \$11,424 71-70-65-69—275

NFL

CONFERENCE CHAMPIONSHIPS

Sunday's results

NFC — San Francisco 28 Atlanta 24

AFC — Baltimore 28 New England 13

SUPER BOWL XLVII

Sunday, Feb. 3 — All Times Eastern

At New Orleans, La.

Baltimore vs. San Francisco, 6 p.m.

NHL

EASTERN CONFERENCE

| | GP | W | L | OL | GF | GA | Pt |
|--------------|----|---|---|----|----|----|----|
| Pittsburgh | 22 | 0 | 0 | 9 | 4 | 4 | 4 |
| New Jersey | 11 | 0 | 0 | 2 | 1 | 2 | 2 |
| NY Islanders | 10 | 1 | 0 | 1 | 2 | 0 | 2 |
| NY Rangers | 20 | 2 | 0 | 4 | 9 | 0 | 4 |
| Philadelphia | 20 | 2 | 0 | 3 | 8 | 0 | 4 |

NORTHEAST DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|----------|----|---|---|----|----|----|----|
| Ottawa | 11 | 0 | 0 | 4 | 1 | 2 | 2 |
| Buffalo | 11 | 0 | 0 | 5 | 2 | 2 | 2 |
| Boston | 11 | 0 | 0 | 3 | 1 | 2 | 2 |
| Toronto | 11 | 0 | 0 | 2 | 1 | 2 | 2 |
| Montreal | 10 | 1 | 0 | 1 | 2 | 0 | 4 |

SOUTHEAST DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|------------|----|---|---|----|----|----|----|
| Florida | 11 | 0 | 0 | 5 | 1 | 2 | 2 |
| Tampa Bay | 11 | 0 | 0 | 6 | 3 | 2 | 2 |
| Washington | 10 | 1 | 0 | 3 | 6 | 0 | 4 |
| Winnipeg | 10 | 1 | 0 | 1 | 4 | 0 | 4 |
| Carolina | 10 | 1 | 0 | 1 | 5 | 0 | 4 |

WESTERN CONFERENCE

| | GP | W | L | OL | GF | GA | Pt |
|-----------|----|---|---|----|----|----|----|
| St. Louis | 11 | 0 | 0 | 6 | 0 | 2 | 2 |
| Chicago | 11 | 0 | 0 | 5 | 2 | 2 | 2 |
| Columbus | 11 | 0 | 0 | 3 | 2 | 2 | 2 |
| Nashville | 10 | 0 | 1 | 2 | 3 | 1 | 2 |
| Detroit | 10 | 1 | 0 | 0 | 6 | 0 | 4 |

NORTHWEST DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|-----------|----|---|---|----|----|----|----|
| Minnesota | 22 | 0 | 0 | 5 | 2 | 4 | 2 |
| Edmonton | 11 | 0 | 0 | 3 | 2 | 2 | 2 |
| Colorado | 10 | 1 | 0 | 2 | 4 | 0 | 4 |
| Calgary | 10 | 1 | 0 | 1 | 4 | 0 | 4 |
| Vancouver | 20 | 1 | 1 | 5 | 10 | 0 | 4 |

PACIFIC DIVISION

| | GP | W | L | OL | GF | GA | Pt |
|-------------|----|---|---|----|----|----|----|
| Anaheim | 11 | 0 | 0 | 7 | 3 | 2 | 2 |
| San Jose | 11 | 0 | 0 | 4 | 1 | 2 | 2 |
| Dallas | 21 | 1 | 1 | 4 | 4 | 2 | 4 |
| Phoenix | 10 | 1 | 0 | 3 | 4 | 0 | 4 |
| Los Angeles | 10 | 1 | 0 | 2 | 5 | 0 | 4 |

Sunday's results

Buffalo 5 Philadelphia 2
San Jose 4 Calgary 1
Pittsburgh 6 NY Rangers 3
Dallas 1 Minnesota 0
Edmonton 3 Vancouver 2 (SO)
Chicago at Phoenix
Monday's games — All Times Eastern
Tampa Bay at NY Islanders, 1 p.m.
Winnipeg at Boston, 1 p.m.
St. Louis at Nashville, 6 p.m.
Buffalo at Toronto, 7 p.m.
Detroit at Ottawa, 7:30 p.m.
Detroit at Columbus, 7:30 p.m.
Anaheim at Calgary, 9 p.m.



Horoscopes

Aries

March 21 - April 20

Something you desire will be offered to you either today or tomorrow but for some strange reason you will be reluctant to take it. Maybe deep down you don't think you have earned it. What can you do to change that?

Taurus

April 21 - May 21

Your confidence will receive a boost today but don't go to extremes and start believing that you can do no wrong. On the work front, especially, you still need to be cautious. Don't give your rivals an opportunity to pounce.

Gemini

May 22 - June 21

There may be no such thing as the perfect day but with the Sun now moving through your fellow Air sign of Aquarius this one will come close. Good things will come to you if you let them. Believe you deserve it.

Cancer

June 22 - July 23

Your no-nonsense approach will cut through other people's doubts and lay bare the facts of a situation that has been causing mayhem. Once you know what is wrong you can start looking for ways to put it right.

Leo

July 24 - Aug. 23

There is something that you really want, something that you have desired for as long as you can remember – and that something is now yours for the asking. Looking back you will wonder why it took so long.

Virgo

Aug. 24 - Sept. 23

It may seem as if the world is out to get you but it isn't true. Neptune in Pisces makes certain issues seem more important than they actually are. The only things that really matter are the things that make you smile.

Libra

Sept. 24 - Oct. 23

You will be at your best over the next 24 hours but take care you don't come across as too domineering as that could cause unnecessary friction. Libra is the sign of relationships, so stay on good terms with everyone.

Scorpio

Oct. 24 - Nov. 22

Some of your current insights may owe more to wishful thinking than to genuine intuition but is that such a bad thing? No matter how way-out your vision may be if you can imagine it you can also create it.

Sagittarius

Nov. 23 - Dec. 21

You may have to give up a certain amount of independence this coming week. You may have to let friends and family guide you in the right direction. Is that so hard? If it's the right direction you should be grateful.

Capricorn

Dec. 22 - Jan. 20

Something will come so easy to you today that you might think there is some sort of catch. And chances are you are right – there is. Neptune's influence means you cannot take anything for granted.

Aquarius

Jan. 21 - Feb. 19

The Sun is now moving through your birth sign, which is great, but it does not mean you have to do everything in a rush. Spend some time today identifying your desires and drawing up your plans.

Pisces

Feb. 20 - March 20

You are in one of your secretive moods at the moment and anyone who tries to find out what you are up to will be told to mind their own business. Quite right. The less others know the better it will be for you. **SALLY BROMPTON**

Crossword: Canada Across and Down

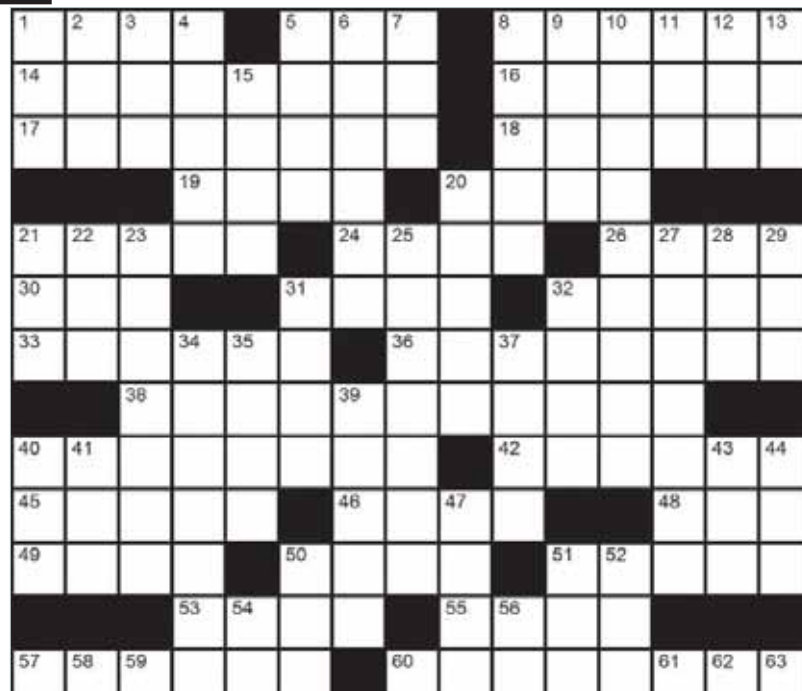
Across

- "Mr. Holland's ___" (1995)
- Son of Atticus in To Kill a Mockingbird
- CBC series, "___ Air"
- Ontario folk festival since 1961
- Followed a recipe
- Robert Redford's film festival
- Kitchen outfits
- ___ Marie Presley
- It means 'the same' in Latin
- Dermatology tool
- Throw the football
- Loonies
- ___ mode
- Mr. Lugosi
- "Time in a Bottle" by Jim ___
- Switch sort
- Newfoundland and ___
- Barenaked Ladies tune: 4 wds.
- ___ National Park, BC
- Real
- Rock drill
- Jackie Wilson's "___ Petite"
- "Start With Trust" is this org.'s slogan
- Glide
- Un-evens
- Clint Eastwood's "Rawhide" role, Rowdy ___
- Unruly crowds
- Zen riddle
- Puccini opera, ___ Butterfly
- Canadian puppets, Casey and

- Sister of Moses
- Distinction
- Curved stone bench in ancient times
- Decay
- Type of tape

Down

- Mantric syllables
- "Heart and Soul" by T' ___
- Vase
- Sashay
- Stewart and Lovitz
- "The Great ___" (1963)
- Ms. West

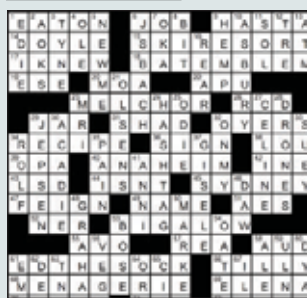


- Mil. schools
- Climber's need
- RCAC search & rescue helicopter, CH-149 ___
- Boxing stat.
- "Canada AM" co-host, Marci ___
- Li'l music keepers
- Match
- Singer/actor Chris
- Chap
- Will Smith movie
- Bon Jovi guitarist Richie
- Mixed, as metals
- "Don't Speak" group: 2 wds.
- Green

- Sun. message
- Welsh opera singer Mr. Terfel
- Dundee's fave reptile
- Lovely Rita's gig: 2 wds.
- 911-calling reason, for short
- "The Love ___"
- NFL units
- PC information units
- Tic-Tac-Toe win
- Pres. Lincoln
- Weight loss losses, commonly
- Edmonton football player
- President Barack ___
- Canadian writer Mr. Martel
- ___-to-know basis

- Mr. Sharif
- "Don't bet ___!": 2 wds.
- Montreal Mrs.
- ___-en-Provence, France
- Music Dr.
- Iron: French
- Wilbebeest
- Leafs arena, commonly
- Goaltender's defence area63. 1987 to 1994 'Star Trek' series, to fans
- Mork's planet
- Nero's 102
- ___-advised

Friday's Crossword

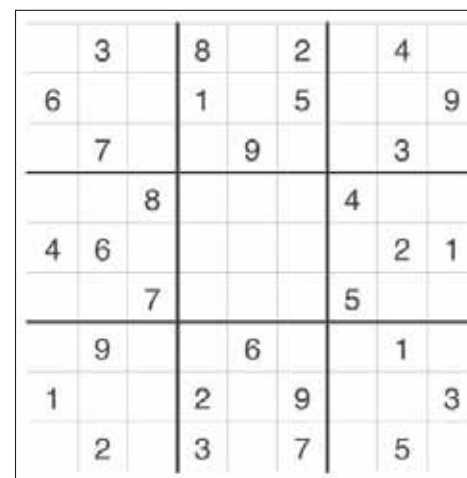
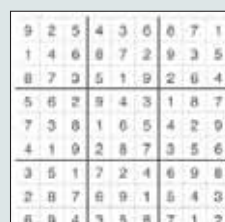


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

-6° / -14°

Mainly sunny

Tuesday

-10° / -16°

Flurries

70%

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network **HD**

©The Weather Network 2013

NEED A RIDE?

Read metrodrive every Wednesday.

Search over 50,000 used cars, fast and free.

autocatch.com

Weather your cold.

HALLS

For the temporary relief of cough. Always read and follow the label.

We'll all feel better.

O'REGAN'S DARTMOUTH HYUNDAI WANTS TO THANK YOU FOR MAKING US #1!

**EMPLOYEE
FRIENDS & FAMILY
PRICING**

0%[†]
FINANCING

+ UP TO \$10,000
ON SELECT MODELS
IN PRICE ADJUSTMENTS*

NO PAYMENTS FOR 90 DAYS+ A FREE TRIP FOR TWO

WITH THE PURCHASE OF ANY 2013 ELANTRA OR SANTA FE

2013 ELANTRA

2012 CANADIAN & NORTH AMERICAN CAR OF THE YEAR

GET UP TO
\$2,000 WITH **0%[†]**
IN PRICE ADJUSTMENTS* FINANCING FOR 24 MONTHS
FRIENDS & FAMILY SELLING PRICE \$15,444*

HWY: 5.2L/100 KM
CITY: 7.1L/100 KM



**FREE TRIP FOR TWO TO FLORIDA
WITH PURCHASE OF 2013 ELANTRA**



DELIVERY & DESTINATION INCLUDED.



**FREE CARIBBEAN CRUISE FOR TWO
WITH PURCHASE OF 2013 SANTA FE**

HWY: 6.7L/100 KM
CITY: 10.1L/100 KM

2013 SANTA FE

2013 AJAC BEST NEW SUV (OVER \$35K)

GET UP TO
\$1,150 WITH **0%[†]**
IN PRICE ADJUSTMENTS* FINANCING FOR 24 MONTHS
FRIENDS & FAMILY SELLING PRICE \$27,109*



DELIVERY & DESTINATION INCLUDED.



O'REGAN'S
DRIVING HIGHER STANDARDS

**DARTMOUTH
HYUNDAI**

**60 BAKER DRIVE, UNIT - D
465-7500
oreganshyundaiddartmouth.com**

*Friends & Family Selling Prices are calculated against the starting price less all factory to dealer price adjustments including Friends & Family price adjustments. Friends & Family Selling Prices include Delivery and Destination. Registration, Insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Trip for two only available with O'Regan's Financing. See O'Regan's Dartmouth Hyundai for details. Offer ends January 31, 2013.